

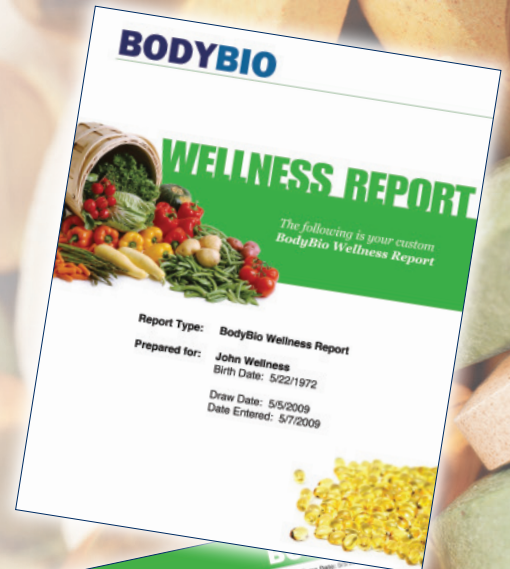
# What Vitamins do you really need? Only your body knows

Based on the results of your blood test, the **BodyBio Wellness Report** is the only definitive way to determine what vitamins *your body needs*.

## BODYBIO *Wellness Report*

The **BodyBio Wellness Report** is derived from your blood test. It is available to anyone over 18 years of age who wants to improve their health naturally – with vitamins, minerals and nutrition. You are unique (we all are). Your list of supplements should be specific to you and you alone. The right nutrients for you hold the power to change your life.

- Used by Doctors Worldwide
- Fast, Easy and ACCURATE
- Includes Your Personal  
Vitamin Shopping List, Foods Rich in Your Vitamins,  
Foods to Avoid, Stress Relief, Personalized 7-Day  
Menu, and more...



To Learn more visit  
**BodyBioReport.com**

Order The BodyBio Wellness Report for Your Patients



# Key Features Include:

Actual page samples from the  
**BodyBio Wellness Report**

## A. BIOMARKER STATUS REPORT

Graphical Interpretation:

Your blood test shows an overview of your health with a graphic representation of the deviations in your test results.

- Shows deviation from normal
- Highlights the trouble areas
- Easy to read color coded results

## B. NUTRITIONAL SUPPLEMENT REPORT

Individualized nutritional intervention addresses abnormalities in the laboratory test results, and links to specific supplementation with vitamins, minerals, and essential fatty acids to normalize the individual's biochemical imbalances or deficiencies.

- Displays nutrients to balance your chemistry
- Directly linked to evidence-based medical data

## C. NUTRIENT RICH FOODS

Foods rich in nutrients specific to individual need are listed, and should be selected over what is most appealing.

- List of nutrient-dense foods
- Foods linked to specific individual nutrient need
- Quick display of foods for optimal health

## D. SUGGESTED BALANCED MENUS

Nutrient-dense, healthy foods are suggested in a menu format specific to macronutrient balance (protein, fat, carbohydrate).

- Sample diets to increase nutrient density
- Menus reflect foods that are supportive to optimize blood biomarkers

## E. MUSCULAR POTENTIAL FOR EXERCISE

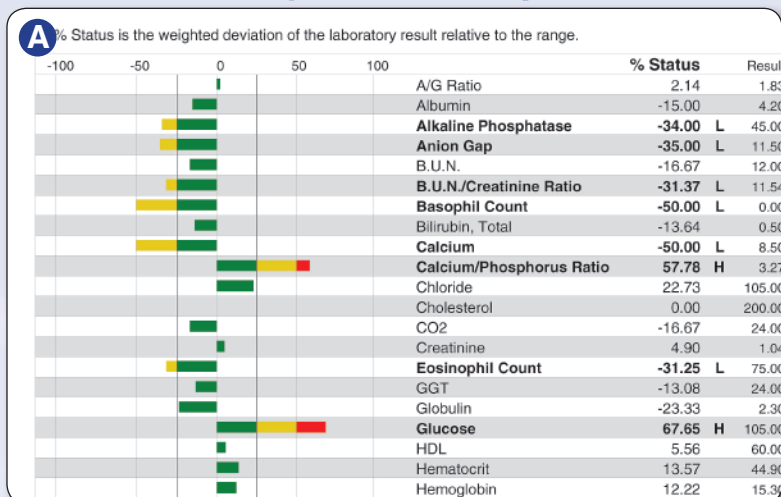
Your potential to exercise, maximization of your muscle function, exercise best suited to your biomarker balance and your ability to recover from physical exertion may be predicted by biomarkers in blood.

- Supportive nutrients listed to maximize muscle potential
- Exercise activity best suited per biomarkers in test results

## F. STRESS QUOTIENT

Physical, mental, environmental and biochemical stressors can profoundly affect the body and mind. The failure to care for ourselves can be reflected in the blood chemistry. Taking a few moments to relax, enjoy a nutritious meal with friends and family, getting adequate sleep, or spending time in nature are all a part of enjoying good health.

- Help you feel in control
- Shows you ways to tend to your SELF
- Ways to gain a fresh perspective



**B Vitamins**

**Biotin** ★★★★★ Low  
Functions as CO<sub>2</sub> carrier for ATP enzymes, essential for the metabolism of lipids especially the omega 6 fats DGLA to prostaglandin E1. Essential to metabolism of carbs and some amino acids, aids in cellular growth.  
QD 8 mg

**Niacinamide OR NIACIN** ★★★★★ Low  
Precursor for co-enzymes NAD(H) and NADP(H) in more than 200 reactions; for carbs, fatty acids and amino acids, glucose tolerance factor, lowers cholesterol, anti-fungal.  
BID 100 mg (Administer with B6, B12 and Folic)

**Vitamin B12 METHYLCOBALAMIN** ★★★★★ Low Platelet Cnt -2  
B12 essential for RBC metabolism (anemia), brain, CNS, utilization of sulfur, propionate, amino acids and methylation, etc.

**C**

**Food Sources of Biotin:** egg yolk, organic liver, walnuts, pecans, cottage cheese, goat cheese, mozzarella cheese, muenster cheese, ricotta cheese, yogurt, avocado, papaya, watermelon, dark rye flour, wheat germ, rice polishings, herring, lobster, mussels, flounder, almonds, cashews, filberts, macadamia nuts, black-eyed peas, sweet potato, brewer's yeast, Swiss chard, romaine, tomatoes, onions, cabbage, cucumber, cauliflower, goat milk, raspberries, strawberries, oats, walnuts, halibut.

**Food Sources of Vitamin D:** eggs, herring, mackerel, oysters, wild salmon, cod liver, shrimp, sunflower seeds, mushrooms, steelhead trout, beef kidney.

**Food Sources of Vitamin C:** blackberries, cantaloupe, black currants, elderberries, gooseberries, grapefruit.

**D** **DAY ONE** **DAY TWO** **DAY THREE** **DAY FOUR** **DAY FIVE** **DAY SIX** **DAY SEVEN**

**REGULAR**

**Breakfast:**  
Turkey sausage links, 2  
Plain yogurt 1 cup, stevia sweetener  
with fresh or frozen blueberries  
V-8™ Juice low sodium 6 oz.  
Tea or coffee, ½ oz. cream

**Lunch:**  
Salad with romaine, cabbage olives,  
cucumber, tomato (2 slices),  
oil and vinegar dressing  
Grilled chicken breast, 3 oz.  
Iced tea, fresh  
Sliced macintosh or green apple  
with reduced fat cheddar cheese

**Dinner:**  
Lamb chops, 3 oz.  
Quinoa ½ cup  
Snow peas ½ cup  
Cucumber slices with onion slices  
yogurt  
Strawberries with fresh whipped cream

**AM Snack:**  
Sunflower seeds

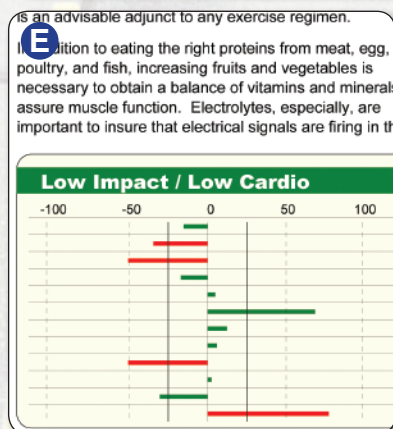
**PM Snack:**  
Celery  
Hummus, fresh

**Estimated Glycemic Load**  
39  
Typical target total is 100/day or less

**Calorie Information**

Amounts Per Selected Serving		%DV
Calories	1515	97%
From Carbohydrates, 111g	444	
From Fat, 71g	639	
Saturated Fat, 24g		
Monounsaturated Fat, 20g		
Polysaturated Fat, 27g		
From Protein, 106g	432	

**Macronutrient Breakdown:**  
Fat 42%, Carbs 29%, Protein 29%



**Mild Stress Quotient**

Alterations in your blood chemistry indicate a MILD Stress Quotient. You may benefit from the following modifications:

- Don't forget to breathe: try a deep breathing practice.
- Toss the naughty food - bread, donuts, cake, etc.
- Have Breakfast in Bed; now take turns and do it for someone you love.
- Be in the moment: recognize and relish life as it is.
- Watch a funny movie.
- Turn off your cell phone, start with 1 hour, try for 24 hours.
- Experience nature with a long walk in the woods or along the beach.
- Keep a journal of your journeys in life.
- Eat your veggies.
- Laugh!!